



# PARTICIPANT WORKBOOK

## LESSON 3-4: Healthy You, Healthy Company

### Your marriage/family in your work

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“Marriage is a wonderful institution... but who wants to live in an institution?” **Groucho Marx**

#### WELCOME & PRAYER

*This Lesson touches on a potentially very sensitive subject. Marriage and family may involve abuse, neglect, divorce, and other issues that are complex. Those issues are real and painful. Addressing these issues is beyond this Lesson, but we want each participant to be sensitive to them during the discussion. Our goal is not to highlight anyone’s pain or experiences, but to help each of us understand the interrelationship between our work and our marriages and families.*

#### PREVIOUS LESSON FOLLOW UP

For individuals who had an issue “processed”, share with the group your action items from that lesson and the results.

#### KICK OFF QUESTION

- Identify one or two examples of friction between your marriage/family and your work.

#### PRIMARY SCRIPTURES

Our relationships at home affect our relationships at work, and our work affects our relationships at home. Lesson 3-4’s scriptures look at our relationships at home.

- Ephesians 5:21-33
- Hebrews 12:14-15
- Ephesians 4:29

Discussion: Identify one principle about healthy marriage communication from these scriptures.

Ephesians 5 admonishes husbands to “love” their wives, and wives to “respect” their husbands. Love and respect are keys to your relationships, especially in marriage. The key to both sides of this is communication. The second scripture discusses the importance of our





words to (communication with) our spouse and families. When we better understand our and our spouse's/family member's personalities (see Communication Preferences at end of this Lesson), we can communicate more effectively and thus have healthier marriages and families.

Those same principles that apply to communication at home apply to work. When we better understand the people we work with, we can communicate more effectively and thus have healthier workplace relationships.

### BIG PICTURE

1. Our work affects our relationships at home, and our relationships at home affect our relationships at work.
2. Understanding our spouse's personality style helps us better understand and communicate with him/her.
3. The same principles that apply to communication and attitude at home apply to work.

## MARRIAGE COMMUNICATION - Exercise 1

Our personality styles directly affect how we love and interact with our spouse and families. If you are married, we want your spouse take the MBTI assessment identified in Lesson 3-1. (<http://www.humanmetrics.com/cgi-win/jtypes2.asp>)

Record your result: \_\_\_\_\_.

Record your spouse's result: \_\_\_\_\_.

	E/I	N/S	T/F	J/P
You				
Your spouse				
Same or different?				

### Questions for discussion with your spouse before your Group meets:

- How can I listen better?
- (if your spouse is a male):
  - I feel respected when \_\_\_\_\_.
  - I feel disrespected when \_\_\_\_\_.
- (if your spouse is a female):
  - I feel loved when \_\_\_\_\_.
  - I feel unloved when \_\_\_\_\_.





- What are the most significant barriers to our communication?
- What are ways we can improve our communication?
- How does the way in which you and your spouse perceive the world influence how you relate to each other?
- How has work affected our marriage? How has our marriage affected our work?

## MARRIAGE COMMUNICATION - Exercise 2

Read attached story about Patrick shared in Gary Chapman's book [The Five Love Languages](#)

### DISCUSSION QUESTIONS

- What differences did you observe between your and your spouse's assessment?
- What are some insights you gained into communicating with your spouse?
- Give an example of a time where your differences resulted in conflict in your marriage or family. Give another example of how your differences resulted in conflict in your marriage or family, affected your work.
- How does leading and serving at home affect your professional life and your Spiritual life?

### WEEKLY APPLICATION

- What are one or two things you need to do to improve your communication at home? Implement these and be prepared to discuss these changes during the next Lesson.

### CLOSING PRAYER





## ADDITIONAL DISCUSSION QUESTIONS

- At the end of my work day, what am I thinking about? What does that tell me about what is important in a marriage relationship?
- Am I looking forward to arriving home after my work day?
- Is my home a place where I feel peaceful, comfortable and safe?
- Do I pray aloud regularly, perhaps daily, with my spouse?

## ADDITIONAL RESOURCES

- *The Five Love Languages* by Gary Chapman
  - For assessments to determine your love language and other related information go to: [5lovelanguages.com](http://5lovelanguages.com)
  - *The Five Love Languages of Appreciation in the Workplace*
- *Love & Respect* by Emerson Eggrichs
- *Spirit Controlled Temperament* by Tim LeHaye

## ADDITIONAL SCRIPTURE READINGS

- Proverbs 18:22
- 1 Peter 3:1-9
- Colossians 4:6
- Proverbs 5:18-19
- Proverbs 12:4
- Deuteronomy 24:5
- Matthew 19:4
- 1 Corinthians 7:1-16
- Hebrews 13:4-7





## Marriage Communication - Exercise 2\*

I met Patrick when he was forty-three and had been married for seventeen years. I remember him because his first words were so dramatic. He sat in the leather chair in my office and after briefly introducing himself, he leaned forward and said with great emotion, “Dr. Chapman, I have been a fool, a real fool.”

“What has led you to that conclusion?” I asked.

“I’ve been married for seventeen years,” he said, “and my wife has left me. Now I realize what a fool I’ve been.”

“My wife would come home from work and tell me about the ‘problems in her office. I would listen to her and then tell her what I thought she should do. I always gave her advice. I told her she had to confront the problems.’ The next day she would come home from work and tell me about the same problems. I would ask her if she did what I had suggested the day before. She would shake her head and say no. So I’d repeat my advice. I told her that was the way to deal with the situation. She came home the next day and tell me about the same problems. Again I would ask her if she had done what I had suggested. She would shake her head and say no.”

“After three or four nights of that, I would get angry. I would tell her not to expect any sympathy from me if she wasn’t willing to take the advice I was giving her. She didn’t have to live under that kind of stress and pressure. She could solve the problem if she would simply do what I told her. It hurt me to see her living under such stress because I knew she didn’t have to. The next time she’d bring up the problem, I would say, ‘I don’t want to hear about it. I’ve told you what you need to do. If you’re not going to listen to my advice, I don’t want to hear it.’”

“I would withdraw and go about my business. What a fool I was,” he said, “what a fool! Now I realize that she didn’t want advice when she told me about her struggles at work. She wanted sympathy. She wanted me to listen, to give her attention, to let her know that I could understand the hurt, the stress, the pressure. She wanted to know that I loved her and that I was with her. She didn’t want advice; she just wanted to know I understood. But I never tried to understand. I was too busy giving advice. What a fool. And now she is gone. What can’t you see things when you are going through them?” he asked. “I was blind to what was going on. Only now do I understand how I failed her.”

- Can you relate in any way with this situation? Has your work affected your marriage?
- What could Patrick have done differently from the very beginning?
- What do you think Patrick’s or his wife’s personality is?
- What does that tell you, if anything?

\* From The Five Love Languages by Gary Chapman, p65-67

